

# Health Matters



King County

It's the perfect time to make some positive changes.



## LEARN HOW, RIGHT NOW.

Weight Watchers gives you access to healthy, sustainable ways to lose weight. You choose when and where it's convenient for you.

**AT WORK MEETINGS\*** bring the Weight Watchers experience to your workplace where a trained Leader facilitates weekly meetings, and you benefit from the proven advantage of group support from co-workers.

With **WEIGHT WATCHERS®**  
you choose the solution  
that's best for you.

### Free Informational Meeting

**Date:**

**Time:**

**Place**

**Contact:**



\* Available only in participating areas in the U.S. † Minimum enrollment required.  
©2006 Weight Watchers International, Inc., owner of the WEIGHT WATCHERS registered trademark. All rights reserved.

8/06

## Get Healthy. Stay Healthy

visit us online:

**[www.metrokc.gov/employees/weight\\_watchers](http://www.metrokc.gov/employees/weight_watchers)**

**email: [health.matters@metrokc.gov](mailto:health.matters@metrokc.gov) — phone: (206) 684-1556**